

Title: HEARTMATH GET IN SYNC

Goal:

Learn more about a simple tool to help you better solve problems.

HeartMath® Institute

expanding heart connections

Intro:

We are now going to learn a simple tool that helps with problem solving. By learning to get more in sync--when we are functioning at our best - our thinking brain is more active than our reactive brain

Resources:

Colored pens/pencils
Handout

Instructions:

Pick up a Get in Sync problem-solving handout from the table.
There are 3 steps to this tool.

Step One: Write down or draw an issue or problem you are experiencing. Make it small or medium-sized, not a big issue.

Step Two: Practice the Get in Sync tool. Shift your focus to the area of the heart, breathe more deeply and try to activate a warm feeling like appreciation for someone. After 30-45 seconds, ask yourself what is the best way to handle this problem or issue?

Step Three: Write down or draw your answer.

As an option, when finished, try to identify what you were feeling before you used the Get in Sync tool and what you felt afterwards. Write down in one or two words a feeling word such to describe what you felt (under #1 beforehand and #3 afterward). if comfortable, share your results with other people.

Discussion:

How often do you stop and pause when upset or disappointed? How can it help?

Why does the brain work better when we pause, breathe more deeply and then ask for solutions or better ways to handle stressful situations.



POP-UP FESTIVAL

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--we can more easily come up with possible solutions. To begin with, choose a small or modest-sized problem or issue. It does take practice to become good at this skill.

Resources:

Instructions:

Discussion:



**POP-UP
FESTIVAL**